

CEC

COMMUNITY AND ENRICHMENT CENTER
WEEKLY NEWSLETTER
JULY 30, 2021



WHAT'S HAPPENING

Find out what's happening
at the CEC, like
Tae Kwon Do.

ONLINE WELLNESS: FIT FUSION WORKOUT

Fit Fusion is a high-energy
blend of cardio,
strengthening and
stretching exercises.

MEET AND EAT

Meet and Eat is a senior
citizen's nutrition program
for people 60 years of age
or older. Find out more!

RECIPE: ZUCCHINI ROLL UPS

Cowboy Caviar is a colorful
blend of fresh ingredients
and mild spices with a
touch of lime juice.

ZUCCHINI ROLLUPS

Ingredients

- 3 large zucchini, sliced into 1/4"-thick strips
- 3 tbsp. extra-virgin olive oil, divided
- Kosher salt
- Freshly ground black pepper
- 1 c. ricotta
- Pinch of crushed red pepper flakes
- 1/3 c. chopped sun-dried tomatoes
- 1 tbsp. freshly chopped basil



Directions

- Heat grill to high. Toss zucchini with 2 tbsp olive oil and season with salt and pepper.
- Grill until charred and tender, 3 minutes per side.
- Stir together ricotta, remaining tablespoon olive oil, and crushed red peppers and season with salt and pepper. Spread a layer of ricotta on zucchini and sprinkle with sun-dried tomatoes and basil
- Tightly roll up and serve.

[Source: delish.com](http://delish.com)



FIT FUSION WORKOUT

Date & Time

Mon August 2 | 10:30am–11:30am MDT

Location

Online

Description

Fit Fusion is a high-energy blend of cardio, strengthening and stretching exercises. Some movements will be done using a chair for support. Music will help you forget you're exercising! Grab a pair of light weights (dumbbells, water bottles or anything you have around the house!) and join us for this fun workout!

This class is offered on Monday and Wednesday as part of our Team Senior Planet program.

Click or tap to join this class by Zoom:

<https://seniorplanet.zoom.us/j/170361931>

Meeting ID: 170 361 931

MEET AND EAT



Meet and Eat is a Senior Citizen's nutrition program for people 60 years of age or older and their spouses regardless of race, color, creed or handicap.

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties.

Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please see the listings below to find a meal site in your area and make your reservations today.

Home Delivered Meals, Frozen Meals and an Emergency Preparedness Food Programs are also available. Please Contact Your Senior Coordinator, Marlene Miller, listed below for more information regarding in home meal programs. Guests for Home delivered meals are required to pay \$12.50 regardless of age.

Senior Coordinator:

Marlene Miller

Senior Service Coordinator

Yuma, Morgan & Washington County Ombudsman

970-630-7713

marlene.miller@necalg.org

Meal Site and Kitchen:

Yuma Community and Enrichment Center

421 East 2nd

Yuma, CO 80759

Reservations (970) 848-2038

Tuesday, Wednesday, & Friday

WHAT'S HAPPENING?



SENIOR DAY AT THE FAIR

Come to the Yuma County Fair on August 11th at 8am for breakfast followed by Cowboy Trivia, Bingo and much more.

OUR GYM IS OPEN

Our gym is open and FREE to use by appointment only.

Call 970-848-0407 to make an appointment. or to find out more!



TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website: yuma.colibraries.org

HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.



MEET AND EAT AUGUST 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277



AUGUST 2021 YUMA MEET & EAT



FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 2 SWEET & SOUR PORK RICE ORIENTAL VEGETABLES WW ROLL APRICOT HALVES OATMEAL CHOCOLATE CHIP COOKIE Calories: 781 Carb: 110.1g Fib: 9.8g Protein: 30.0g Fat: 23.0g Sod: 576mg | 3 SHEPHERD'S PIE CREAMY COLESLAW ROLL STRAWBERRY APPLESAUCE BUTTERSCOTCH BROWNIE BIRTHDAY RECOGNITION Calories: 750 Carb: 113.5g Fib: 9.5g Protein: 31.4g Fat: 22.4g Sod: 864mg | 4 SOFT SHELL TACOS REFRIED BEANS MEXICALI CORN FRUIT CUP SENIOR MEETING Calories: 638 Carb: 89.9g Fib: 11.1g Protein: 37.5g Fat: 16.7g Sod: 883mg | 5 CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES Calories: 588 Carb: 95.8g Fib: 10.8g Protein: 29.9g Fat: 11.8g Sod: 725mg | 6 HAM MASHED POTATOES & GRAVY BEAN MEDLEY OATMEAL ROLL PEAR ORANGE FRUIT CUP CARROT COOKIE Calories: 628 Carb: 93.8g Fib: 10.0g Protein: 26.9g Fat: 18.2g Sod: 1309mg |
| 9 LASAGNA ROTINI CASSEROLE TOSSED SALAD W/ DRESSING ITALIAN VEGETABLES GARLIC BREAD CANTALOUPE CUBES Calories: 694 Carb: 91.2g Fib: 11.5g Protein: 38.1g Fat: 22.8g Sod: 675mg | 10 CHICKEN POT PIE BEAN MEDLEY FRUIT CUP APPLESAUCE CAKE Calories: 677 Carb: 86.8g Fib: 9.5g Protein: 35.7g Fat: 23.1g Sod: 564mg | 11 CHOICE: CHICKEN NOODLE CASSEROLE TUNA NOODLE CASSEROLE BROCCOLI WW ROLL APPLE SALAD COOKIES W/ RAISINS Calories: 715 Carb: 90.5g Fib: 10.0g Protein: 37.0g Fat: 25.7g Sod: 586mg | 12 HOT ROAST BEEF SANDWICH GREEN BEANS & CORN MANDARIN ORANGES W/ BANANA NATURE COOKIE Calories: 722 Carb: 115.0g Fib: 10.8g Protein: 34.3g Fat: 17.4g Sod: 530mg | 13 WHITE CHILI W/ CHICKEN SPINACH SALAD ROLL MELON CUP OATMEAL NUT COOKIES Calories: 613 Carb: 81.3g Fib: 10.7g Protein: 30.3g Fat: 20.3g Sod: 565mg |
| 16 SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ONION ROLL BANANA SPLIT FRUIT CUP OATMEAL NUT COOKIE Calories: 777 Carb: 92.1g Fib: 10.2g Protein: 45.0g Fat: 27.9g Sod: 822mg | 17 BARBECUE PORK CHOP SCALLOPED POTATOES CABBAGE BRAN MUFFIN PEAR ORANGE FRUIT CUP Calories: 729 Carb: 97.6g Fib: 10.8g Protein: 37.2g Fat: 23.4g Sod: 864mg | 18 SLOPPY JOE SANDWICH POTATO SALAD BROWN BUTTER & DILL BRUSSEL SPT FRESH FRUIT CUP BLOOD PRESSURE Calories: 622 Carb: 87.8g Fib: 10.9g Protein: 33.6g Fat: 18.8g Sod: 870mg | 19 LASAGNA TOSSED SALD W/ DRESSING PEAS & CARROTS GARLIC BREAD FRUIT CUP Calories: 658 Carb: 90.3g Fib: 11.8g Protein: 34.7g Fat: 21.3g Sod: 635mg | 20 CHICKEN CACCIATORE MASHED POTATOES GREEN BEANS WW ROLL TROPICAL FRUIT CUP APPLE GRANOLA COOKIE Calories: 806 Carb: 86.6g Fib: 10.0g Protein: 44.0 Fat: 33.0g Sod: 1262mg |
| 23 CABBAGE BURGERS CRISPY CUCUMBERS & TOMATO CORN FRUIT CUP OATMEAL NUT COOKIES Calories: 644 Carb: 96.9g Fib: 9.8g Protein: 30.2g Fat: 18.9g Sod: 506mg | 24 ROAST TURKEY GRAVY YAM APPLE BAKE SPINACH/STRAWBERRY SALAD BRAN MUFFIN MANDARIN ORANGES Calories: 662 Carb: 99.0g Fib: 11.0g Protein: 26.3g Fat: 20.7g Sod: 855mg | 25 SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES ROLL SLICED BANANAS Calories: 725 Carb: 90.5g Fib: 11.0g Protein: 41.9g Fat: 23.5g Sod: 433mg | 26 CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD STEWED TOMATOES WW ROLL WATERMELON Calories: 600 Carb: 69.2g Fib: 10.4g Protein: 36.8g Fat: 21.8g Sod: 749mg | 27 BACON POTATO BREAKFAST BURRIT GREEN CHILI W/ PORK SPANISH RICE TOSSED SALD W/ DRESSING STRAWBERRIES & BANANAS OATMEAL BANANA RAISIN COOKIES Calories: 688 Carb: 92.4g Fib: 9.8g Protein: 27.5g Fat: 24.8g Sod: 749mg |
| 30 HAMBURGER ON A BUN LETTUCE/TOMATO SLICES CALIFORNIA VEGETABLES PEAR SLICES APPLE GRANOLA COOKIES Calories: 767 Carb: 82.8g Fib: 10.1g Protein: 42.8g Fat: 31.3g Sod: 371mg | 31 PORK CHOP SUEY BROWN RICE CARROT COINS WW ROLL PINEAPPLE TIDBITS Calories: 641 Carb: 94.5g Fib: 9.5g Protein: 31.4g Fat: 16.9g Sod: 492mg | Menu may change due to availability of food items or conditions that cause the kitchen to close. Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50 | | IF YOU CHOOSE THE CHOICE ENTREE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE. |